



**Integrated
ADHD
Assessment
Workbook
(Essentials Version)**

**A Concise Assessment Tool For Adults Exploring Their
ADHD Patterns**

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Harnessing ADHD For Life

Harnessing ADHD For Life is a practical framework for adults who want to understand how their attention, energy, and responses actually work, and then design life and work around that reality rather than fighting themselves.

It is not about fixing who you are. It is about you recognising and building ways of living and working that fit.

To Download and buy the full workbook with video guide, or find out more about ADHD informed coaching and mentoring, contact me directly:

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INTRODUCTION

This Essentials Edition is a streamlined version of the adult **ADHD Integrated Assessment Workbook** from **Harnessing ADHD For Life / Enduring Leadership**.

It is designed to help you recognise patterns commonly associated with adult ADHD in a clear, accessible way. The questions focus on everyday experiences related to attention, organisation, emotional responses, memory, and functional impact.

Importantly; This is not a diagnostic tool. It is a starting point for understanding your own patterns.

This tool:

- is a light version of the full assessment
- can be completed in one sitting (about 10–15 minutes)
- does not score or diagnose ADHD
- helps you understand whether further exploration may be useful
- provides a starting point before coaching or clinical assessment

The full-length Integrated Assessment Workbook goes far beyond conventional ADHD tests. It blends clinical criteria, neurological patterns, emotional architecture, and real-life functioning into one coherent tool. Instead of narrow checklists, it offers a whole-person understanding, revealing not just symptoms but strengths, wiring, and patterns that typical assessments overlook. **It is a comprehensive, multi-layered, diagnostic and self-understanding tool.**

Adult ADHD is not best understood through isolated symptoms or scores, but through patterns that unfold over time — including energy, behaviour, emotional responses, environmental fit, and sense of self, particularly under conditions of pressure, uncertainty, and responsibility. Rather than simplifying complexity, this workbook holds it with care. It recognises that difference is not dysfunction, that unconventional patterns can coexist with psychological robustness, and that meaningful clarity often emerges through reflection and integration rather than correction.

This Essentials version and the full workbook are not tests to pass or fail, but a guided space for understanding, self-trust, and developmental insight — designed to help you make sense of how your mind works in the contexts that matter most to you.

This Essentials Edition simply introduces the core behavioural patterns in a quick, easy-to-complete format. There are no right or wrong answers. Simply choose what feels most accurate.

RECOGNITION

Before You Begin

ADHD is not a flaw to fix. It is a wiring to understand.

When you work *with* your architecture, rather than against it, clarity, energy, and confidence follow.

This workbook is not a diagnosis, a checklist, or an explanation of ADHD.

That's why we start with **recognition**.

Formal definitions (DSM, etc.) identify what is externally observed by experts, not how it feels inside us. We don't have *traits*, but rather **states** — patterns of attention, energy, emotion, and response that change with context, stress, life stage, and environment.

People with ADHD often recognise themselves in *how things feel*, not in *how they are described clinically*. This tool begins with what is experienced on the inside.

You do not need to read this section carefully or complete it “properly”. Simply notice what feels familiar.

- There are no scores.
- There is nothing to fix.
- There is no correct starting point.

Recognition: Common States

Read the statements below slowly.

Mark any that feel familiar — now, recently, or repeatedly over time.

You may recognise more than one. You may recognise none at first.

Both are fine.

States of Attention and Energy

- You can think clearly, but starting feels heavy or delayed.
- You want to do something, but your body does not seem to cooperate.
- Your focus switches between long periods of fog and short bursts of clarity.
- You feel alert only when something is urgent or emotionally charged.
- You have energy, but it does not reliably go where you intend it to.

States of Activation (Hyper ↔ Hypo)

- At times you feel mentally overactive, restless, or “too much”.
- At other times you feel flat, slowed, or disconnected.
- You move between these states without choosing to.
- What looks like “laziness” from the outside feels like shutdown on the inside.
- What looks like confidence from the outside is driven by pressure or adrenaline.

States of Emotion and Response

- Your emotional reactions arrive faster than your words.
- You feel things strongly, then struggle to explain them.
- Small interactions can linger longer than you expect.
- You are sensitive to tone, timing, or perceived rejection.
- You often understand your reactions only after they have passed.

States of Capability and Friction

- You know you are capable, but consistency is difficult.
- Effort does not always lead to predictable results.
- Systems that work for others slowly break down for you.

- You perform well in some contexts and poorly in others, without a clear reason.
- You feel more effective when you design your own way of working.

States of Self-Understanding

- You have spent time trying to “figure yourself out”.
- You have been described as inconsistent, intense, distracted, or underperforming.
- You have learned to compensate, mask, or push through.
- Some strategies once worked but no longer do.
- You are tired of advice that does not fit how you actually function.

PAUSING HERE

If several of these statements feel familiar, you are in the right place.

These are not traits. They are *states* — patterns of attention, energy, emotion, and response that change with context, stress, hormones, life stage, and environment.

This workbook is not designed to explain ADHD in abstract or external terms.

It is designed to help you notice patterns, understand how they interact, and make choices that fit how you actually work.

How to Use The What Comes Next

You do not need to complete this workbook in order.

Some sections will feel immediately relevant. Others may not matter right now.

If you feel drawn to a section, start there. If a section does not resonate, leave it.

This work is not about becoming a better version of someone else.

It is about **working with what is already true**.

A Final Note

Recognition often comes before relief.

Understanding often comes later.

Both are allowed to take time.

HOW TO USE THIS TOOL

This Essentials Assessment is short, but it can still be surprisingly personal.

Although it takes only approximately 15-20 minutes to complete, many people notice moments of recognition, relief, or quiet clarity as they move through it. It is less about “passing” or “failing” and more about noticing patterns that may have been present for a long time.

Approach this as a *reflection*, not a *test*. It simply helps you notice whether certain patterns show up consistently in your life.

Because this tool touches on attention, motivation, emotional responses, memory, and everyday functioning, it can gently surface experiences you may not have named before. That’s normal — and it’s okay to pause if something feels tender.

To get the most value from this Essentials Assessment:

- Complete it in one calm sitting if possible.
- Answer based on your typical experience over time, not a particularly good or bad week.
- Choose the response that feels *most true*, not the one you think “should” be true.
- Avoid overthinking individual questions — first instincts are often the most accurate.
- If you feel emotional or reflective, allow that. Insight often comes with feeling.

There are no right or wrong answers.

If this experience feels familiar, validating, or intriguing, it may be a sign that deeper exploration would be helpful — through the full Integrated Assessment Workbook, coaching, or clinical conversation.

Choose the option that best describes how often each statement applies to you:

Never / Sometimes / Often / Very Often

SECTION 1 — ATTENTION & FOCUS

Question	Never	Sometimes	Often	Very Often
1. I start tasks but get distracted before finishing them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I find it hard to stay focused during conversations or meetings.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. My attention jumps between topics or tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I forget details even when interested in the topic.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I lose track of what I was doing if interrupted.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I find it difficult to sustain focus on routine tasks.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SECTION 2 — EXECUTIVE FUNCTION & ORGANISATION

Question	Never	Sometimes	Often	Very Often
7. I have trouble starting tasks, even important ones.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I procrastinate until pressure becomes very high.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I struggle to keep my physical or digital spaces organised.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I misplace important items like keys or documents.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I underestimate how long tasks will take.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. I find it difficult to plan or sequence steps effectively.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SECTION 3 — EMOTIONAL REGULATION

Question	Never	Sometimes	Often	Very Often
13. I react quickly to frustration or stress.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. My emotions feel stronger than the situation requires.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I find it hard to “reset” after feeling upset or criticised.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. Small problems can feel overwhelming in the moment.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SECTION 4 — ADHD ACTIVATION STYLE

(Patterns describing how your motivation typically works.)

Question	Never	Sometimes	Often	Very Often
17. I work best under urgency or deadline pressure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I struggle to begin tasks unless I find them interesting.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. My motivation fluctuates between high bursts and low energy.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
20. I rely on pressure, novelty, or last-minute energy to get things done.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SECTION 5 — MEMORY & INFORMATION PROCESSING

Question	Never	Sometimes	Often	Very Often
21. I forget appointments or commitments.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
22. I lose my train of thought mid-sentence.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
23. I struggle to hold several pieces of information in mind at once.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
24. I often need instructions repeated.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

SECTION 6 — FUNCTIONAL IMPACT

Question	Never	Sometimes	Often	Very Often
25. My difficulties affect my work or productivity.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
26. I feel I work harder than others to achieve the same results.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
27. Misunderstandings or forgetfulness affect my relationships.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
28. My performance feels inconsistent from day to day.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
29. People sometimes misinterpret me as careless or inattentive.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
30. I try systems or strategies, but they don't last long.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

OPTIONAL REFLECTION

Use if helpful.

Prompt	Response
One thing I noticed:	
Something I want to explore further:	

PATTERN SUMMARY (Optional)

Tick the areas where you answered **Often** or **Very Often** most consistently:

Area	Tick
Attention & Focus	<input type="checkbox"/>
Organisation & Planning	<input type="checkbox"/>
Emotional Regulation	<input type="checkbox"/>
Activation Style (motivation patterns)	<input type="checkbox"/>
Memory	<input type="checkbox"/>
Functional Impact	<input type="checkbox"/>

NEXT STEPS

This Essentials Assessment does *not* diagnose ADHD. However, recognising repeated patterns across several areas may indicate that a deeper assessment could be helpful.

For many people, even this brief reflection creates moments of recognition, relief, or quiet confirmation. What matters now is not rushing to conclusions — but choosing your next step with intention.

1. Let the insights land.

Notice what felt obvious, surprising, validating, or uncomfortable. Awareness is the first shift.

2. Choose one pattern to explore further.

ADHD change comes from focus and momentum, not trying to fix everything at once.

3. Decide how deep you want to go.

You have options — from deeper self-understanding to structured support.

Your Pathways Forward

Some suggested options:

Option 1: The Full Adult ADHD Integrated Assessment Workbook + Video Guide

If this Essentials version resonated, the full Workbook offers a much deeper, structured exploration of your wiring. It includes:

- A comprehensive multi-section workbook
- Guided video walkthroughs explaining each section and pattern
- Tools that integrate strengths, challenges, and real-world functioning

This is ideal if you want clarity, language, and structure — without a clinical setting.

It is currently priced at £195GBP/ \$270USD. We don't do the hard sells / buy now crap.

Option 2: ADHD-Informed Coaching

Our Coaching translates and guides your insights into practical structure, rhythm, and sustainable change — tailored to how *your* brain actually works.

Option 3: Clinical Assessment

If you choose to pursue a formal diagnosis, the insights from this tool, and especially the full workbook, can provide strong preparation and clarity for that process. We do not provide this service.

A FINAL REMINDER

ADHD is a wiring to understand. When you work *with* your architecture, rather than against it, clarity, energy, and confidence follow.

You don't need to do it all now. You only need to choose your next step.

You've begun. That matters.

EXPLORE MORE

1. Full Integrated Assessment Workbook and Video Guide.

Download and buy the full workbook and video walkthrough guide for deeper insight.

2. Connect With Trevor For Coaching

ADHD-informed coaching that turns complex minds into clarity, structure, and momentum — translating insight into practical rhythms that work *with* your wiring, not against it.

Contact Me Directly:

Email: connect@harnessing-adhd.com

WhatsApp/Telegram: +855-92-400100

LinkedIn: [linkedin.com/in/trevorsworn](https://www.linkedin.com/in/trevorsworn)

3. The ADHD My Friend Community

To find out more about Harnessing ADHD for Life, to access tools, articles, and new resources, arrange ADHD and executive coaching, please visit the **WhatsApp Community:** <https://chat.whatsapp.com/EJNq7bII5w78Mpa3iHWmbn>

4. Other Resources

My Published Books:

- Harnessing ADHD For Life. (Currently a short version, soon to be a full book.)
- Harnessing ADHD For Clarity and Leadership (Get a complimentary version of chapter 1)
- The Neuroscience of Enduring Leadership
- Navigating Leadership Burnout

Available directly from me directly or from Amazon: http://tiny.cc/trevor_sworn_ebooks